

**Listing of Claims:**

**Claim 1. (Currently amended)** A method of shaping a flexible dental product selected from the group consisting of nightguards and splints, comprising the steps of:

shaping a light curable polymerizable composition into ~~of~~ a dental product in a mouth of a patient,

irradiating the polymerizable composition with light to partially cure the composition,

removing the dental product from the mouth of the patient,

irradiating said light curable polymerizable composition ~~being adapted~~ with light to form a cured flexible dental polymeric material product, said polymeric material product having a flexural modulus of less than 250,000 psi and a flexural strength of less than 7,000 psi at 37°C.

**Claim 2. (Canceled)**

**Claim 3. (Original)** The method of claim 1 wherein a first portion of said light curable polymerizable composition is at least partially cured in a mouth of a patient and a second portion of said light curable polymerizable composition is at least partially cured in a light curing apparatus.

**Claim 4. (Original)** The method of claim 1 wherein said light curable polymerizable composition effectively requires application of more than 0.001 psi of pressure to said composition to force said composition to flow, and said composition is moldable by a pressure of at least 1 psi.

**Claim 5. (Canceled)**

**Claim 6. (Currently amended)** The method of claim 1 wherein said flexural modulus of said polymeric ~~material~~ product and said flexural strength of said polymeric ~~material~~ product are at least 20 percent less at 37°C. than at 23°C.

**Claim 7. (Currently amended)** The method of claim 1 wherein said flexural modulus of said polymeric ~~material~~ product and said flexural strength of said polymeric ~~material~~ product are at least 50 percent less at 37°C. than at 23°C.

**Claim 8. (Currently amended)** The method of claim 1 wherein said flexural modulus of said polymeric ~~material~~ product and said flexural strength of said polymeric ~~material~~ product are at least 70 percent less at 37°C. than at 23°C.

**Claim 9. (Currently amended)** The method of claim 1 wherein said polymeric ~~material~~ product has a flexural modulus at 37°C. of less than 100,000 psi and a flexural strength at 37°C. of less than 5,000 psi.

**Claim 10. (Currently amended)** The method of claim 1 wherein said polymeric ~~material~~ product at 37°C. has a flexural modulus of less than 60,000 psi and a flexural strength of less than 3,000 psi.

**Claim 11. (Currently amended)** The method of claim 1 wherein said polymeric ~~material~~ product at 37°C. has a flexural modulus of less than 40,000 psi and a flexural strength of less than 2,000 psi.

**Claim 12. (Currently amended)** The method of claim 1 wherein said polymeric ~~material~~ product has a compliance of at least  $1 \times 10^{-5}$  in<sup>2</sup>/pound.

**Claim 13. (Currently amended)** A method of shaping a flexible dental product selected from the group consisting of nightguards and splints, comprising the steps of:

shaping a light curable polymerizable composition to form a dental product over a cast model of a patient's teeth,

~~light curing~~ irradiating said light curable polymerizable composition ~~being adapted~~ to form a cured flexible dental polymeric ~~material~~ product, said product having a flexural modulus of less than 250,000 psi and a flexural strength of less than 9,000 psi at 23°C,

removing the flexible dental product from the cast model.

**Claim 14. (Currently amended)** The method of claim 13 wherein said flexural modulus of said polymeric ~~material~~ product and said flexural strength of said polymeric ~~material~~ product are at least 70 percent less at 37°C. than at 23°C.

**Claim 15. (Currently amended)** The method of claim 13 wherein said polymeric ~~material~~ product at 37°C. has a flexural modulus of less than 100,000 psi and a flexural strength of less than 3,000 psi.

**Claim 16. (Currently amended)** The method of claim 13 wherein said polymeric ~~material~~ product at 37°C. has a flexural modulus of less than 80,000 psi and a flexural strength of less than 2,000 psi.

**Claims 17-24. (Canceled)**

**Claim 25. (New)** The method of claim 13, wherein said flexural modulus of said polymeric product and said flexural strength of said polymeric product are at least 20 percent less at 37 °C than at 23 °C.

**Claim 26. (New)** The method of claim 13, wherein said flexural modulus of said polymeric product and said flexural strength of said polymeric product are at least 50 percent less at 37 °C than at 23 °C.